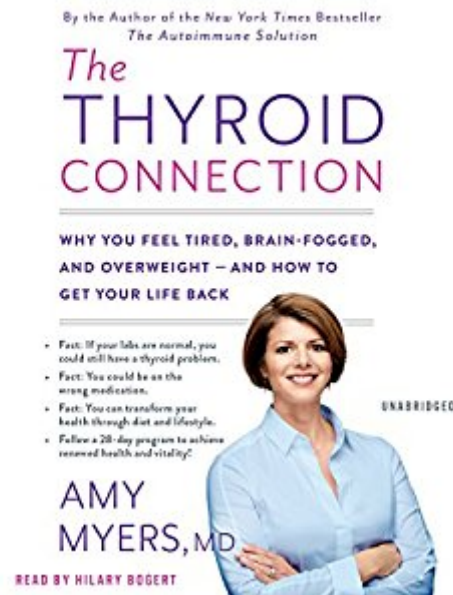


The book was found

The Thyroid Connection: Why You Feel Tired, Brain-Fogged, And Overweight -- And How To Get Your Life Back



Synopsis

From the author of the New York Times best seller *The Autoimmune Solution*, a comprehensive, accessible overview of thyroid problems that will help you learn to identify the warning signs and finally take back your health. Are you exhausted all the time, plagued by brain fog, and unable to lose weight? Do you struggle with insomnia, panic attacks, and tremors? But does your doctor insist your labs are normal and that you just need to eat less and exercise more? As anyone who has been there knows, nothing is more frustrating, stressful, and emotionally draining than feeling unwell and being told you're fine by the very person who is supposed to heal you. The truth is your symptoms could be caused by a thyroid disorder - the hidden cause of a wide array of health problems that can threaten to ruin your life. Thyroid dysfunction affects at least 20 million Americans, yet conventional medicine frequently misses the diagnosis. The scariest part? Most doctors won't even order thyroid tests unless you specifically ask. Now, in *The Thyroid Connection*, Dr. Amy Myers teaches you how to take your health into your own hands. Dr. Myers, originally misdiagnosed herself, understands the struggles of thyroid dysfunction firsthand. Fortunately she also knows how achievable recovery and well-being are and just how to get you there. In *The Thyroid Connection*, she explains how to recognize the symptoms that could signal a thyroid problem, work with your doctor to ensure proper diagnosis, and make sure you're on the right treatment plan. Complete with a 28-day program tailored to your specific condition along with advice on diet, supplements, exercise, stress relief, and sleep, *The Thyroid Connection* is the ultimate road map back to your happiest, healthiest self.

Book Information

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The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight -- and How to Get Your Life Back The Paleo Thyroid Solution: Stop Feeling Fat, Foggy, And Fatigued At The Hands Of Uninformed Doctors - Reclaim Your Health! A Journey to Softness: In Search of Feel and Connection with the Horse Tumors of the Thyroid Glands (Atlas of Tumor Pathology) OrnaMENTALs Feel Good Words To-Go: 50 Portable Feel Good Words to Color and Bring Cheer (Volume 5) Brain Boosters for Groups In a Jar: 101 brain-enhancing games to get teens moving and connecting The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health The Vatican Connection: The True Story of a Billion-Dollar Conspiracy Between the Catholic Church and the Mafia The Grain Brain Whole Life Plan: Boost Brain Performance, Lose Weight, and Achieve Optimal Health Poker Math: Simple and Basic Poker Math to Help You Crush the Competition, Pile Up Money and Feel Like a Professional Poker Player Dance Studio Transformation: Build a 7-Figure Studio, Increase Your Community Impact and Get Back Your Life! 101 Things to Do Outside: Loads of fantastically fun reasons to get up, get out, and get active! Uninvited: Living Loved When You Feel Less Than, Left Out, and Lonely Uninvited: Living Loved When You Feel Less Than, Left Out, and Lonely, Study Guide Uninvited Study Guide with DVD: Living Loved When You Feel Less Than, Left Out, and Lonely Meditate Your Weight: A 21-Day Retreat to Optimize Your Metabolism and Feel Great Roughneck Grace: Farmer Yoga, Creeping Codgerism, Apple Golf, and Other Brief Essays from on and off the Back Forty The Healthiest Diet on the Planet: Why the Foods You Love-Pizza, Pancakes, Potatoes, Pasta, and More-Are the Solution to Preventing Disease and Looking and Feeling Your Best Lacy Sunshine's Rory Be Happy Coloring Book Volume 24: Big Eyed Sweet Urchin Inspirational Feel Good Coloring Book For Adults and Children (Lacy Sunshine's Coloring Books) The Pout-Pout Fish Undersea Alphabet: Touch and Feel (A Pout-Pout Fish Adventure)

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